



Network Bulletin

27 April 2022

Welcome to our latest bulletin.

If you are unable to open any links or attachments, please contact the Network on (02) 6230 5796 or email actmhcncn@actmhcncn.org.au

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1. Network update

1.1 Office openings

The Network office is lightly staffed between 9am to 3pm Monday to Friday.

Due to the current staffing levels within the office, the recommencement of holding events where in-person participation is available is slowly starting to occur. Once staff begin returning to the office on a more frequent basis, we hope to increase events where members can attend in-person, while still offering online participation via Zoom.

1.2 Drop-In

Our Drop-in service is open to consumers to attend in-person from 10am to 1pm on Thursday's. We will also continue to be offering online Drop-In to members for social contact purposes. The online Drop-In will be open between **11am – 12pm** via Zoom.

To join the Online Drop-In click on the following link and enter the passcode:

<https://us02web.zoom.us/j/85389263153?pwd=MVNkaWZIR21wWDMrSjY1MVhkZ2JjQT09>

Meeting ID: 853 8926 3153

Passcode: 991826

We are seeking some ideas from members about what type of activities would be of interest in attending Drop-In for. If you have any ideas, please forward them to Paul by email to dropin@actmhc.org.au

1.2.1 Presentation on the Adult Step Up Step Down program by Wellways

This Thursday 28 April, Drop-In will be hosting Manon Keir from Wellways who will be giving a presentation on the Adult Step Up Step Down program.

Thursday 28 April 2022, 11am to 12 noon

In-person: Members'Area, Network office, Rm 11, Level 2, The Griffin Centre, 20 Genge St, Canberra

OR

Online via Zoom

<https://us02web.zoom.us/j/85389263153?pwd=MVNkaWZIR21wWDMrSjY1MVhkZ2JjQT09>

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Adult Step Up, Step Down (ASUSD) is a recovery-focused residential program that aims to prevent relapse and assist people in recovery from an acute episode of mental illness.

The program provides a 'step up' from the community into a highly supportive environment for adults who may be becoming unwell and at risk of a hospital admission.

It also provides a 'step down' for adults who have been unwell, admitted to a psychiatric in-patient unit and who would benefit from additional support to transition back into the community.

The Step Up Step Down at Home program is a community outreach-based service focused on delivering a brief solution focused and early intervention designed for individuals who are experiencing mental distress.

Further information about the Step Up Step Down program and Wellways is available in the attachments. We look forward to seeing members at Drop-In.

1.3 Free Consumer Representation Training!

Previous participants who have completed the Networks' Self-Advocacy Training are able to continue into Consumer Representation Training which supports mental health consumers to become informed and confident Consumer Representatives, equipping them with the skills to represent themselves and other consumers in the provision of mental health services.

Consumer Representation Training

Educates mental health consumers about:

- Consumer Representation
- The consumer movement and systemic change
- The importance of human rights and legislation
- Skills for Consumer Representatives on committees

Those who have completed Consumer Representation Training can choose to participate in our volunteer program as Consumer Representatives on various committees.

Upcoming Courses:

Consumer Representation – Fridays, 27 May, 3, 10, 17, 24 June 2022

Time: 10:30am-1:30pm

Location: Online, using Zoom

If you are interested in attending or just want to know more, please contact: education@actmhc.org.au or 6230 5796

2. For your information

2.1 Landcare ACT Wellbeing through Nature

Guided Walk: Mt Painter Nature Reserve
Wellbeing through Nature

Join Convenor Sarah Hnatiuk of Friends of Mount Painter for a wellbeing walk through their local patch.

 Thursday 28 April 2022

 10:00am - 12:00pm

 Meet at Companion House, Cook Primary School 41 Templeton St, Cook ACT 2614

 [Register for this free event](#)

Mount Painter Nature Reserve is home to the old volcano that we now know as Mount Painter, the alluring Wildflower Triangle, a few of the ACT's rare and protected species, and Friends of Mount Painter or FOMP. This dedicated group of Landcare volunteers translate their collective love for the environment into actively supporting the reserve to become a healthier, more sustainable and resilient ecosystem.

Join Sally Holliday, Wellbeing Program Coordinator, and Convenor Sarah Hnatiuk for a wellbeing walk through FOMP's patch. We'll wind our way through the back streets of Cook, into the reserve and up to the top of Mount Painter where you'll be rewarded with panoramic views.

Please wear comfortable, enclosed shoes with some tread on the sole. Be sunwise and bring a water bottle to keep hydrated.

[Register](#)

Wellbeing Calendar

Want to know about more upcoming events, check out our wellbeing calendar.

[Wellbeing Calendar](#)

2.2 Managing Your Health: Getting a Good Night's Sleep

Find out:

- Why sleep is important to health
- How sleep may be impacted with chronic conditions
- Tips to get a good night's sleep!

2.3 Free Parenting Help Seminar on Adolescent Mental Health

Due to popular demand, the Messengers Program will again be offering our free parenting seminar for challenged parents of adolescents who experience mental health issues.

Grant Willson, registered physiotherapist, will present this FREE seminar.

When: 6pm-7:30pm, Wednesday 11 May 2022

Location: Online via Zoom

RSVP: [Eventbrite](#) or phone 6230 7800.

For more information on this or other free health seminars provided by the Health Care Consumers' Association of the ACT contact: reps@hcca.org.au or phone: 6230 7800.

Thursday's 5 and 12 May 2022, 5.30pm to 7.30pm

Register here:

<https://events.humanitix.com/parenting-seminar>

Facilitated by social workers & school counsellors, Sarah O'Sullivan and Maddison Kennedy, the seminars are designed to improve knowledge of adolescent development and confidence in using strategies to parent a teenager experiencing mental health issues.

Generally the seminar will cover:

- Positive communication
- Adolescent development
- Mental health concerns in teenagers (including anxiety, depression & self-harm).
- Coping strategies

2.4 My Home, My Way Webinar Series

A two-part webinar series exploring individualised and innovative ways that people with a disability have used to create their own homes while getting the support they need.

[Learn more and register here](#)

Details

Dates: Wednesday 8 June and Wednesday 15 June

Time: 10:00 am - 1:00 pm

Please register before Monday 6 June at 5:00 pm

Cost:

\$50.00 per person for people with a disability and families/carers paying out of their NDIS plan

\$75.00 per person for professionals or people with a disability and family members who are attending as employees or representatives of a service, support or advocacy organisation, company or corporation.

About:

Home is a vital part of our lives. It provides us with security, privacy, comfort and control. It also reflects our identity, adulthood, and deep sense of who we are and how we connect and belong in our neighbourhood.

Yet for many people, particularly with intellectual disability and Autism, home is designed by others. Individuals are left with little control over the decisions that most people take for granted.

Some families wonder if it's even possible for their son or daughter to live in their own home.

In these practical and interactive webinars, we will explore individualised and innovative ways that people with a disability have used to create their own homes while getting the support they need.

2.5 Head to Health Centre: Free mental health support

The [Canberra Head to Health Centre](#) is a new, free adult mental health centre to help Canberrans find the mental health support they need. The centre is staffed by psychologists, social workers and other mental health professionals who work closely with GPs, psychiatrists and non-health services to support connections to services your patient may need.

No appointment or referral required.

Just call 1800 595 212 or drop in at ALIA House, First Floor, 9 Napier Close, Deakin (Mon-Fri, 8.30am-5pm).

2.6 New community program for computer games enthusiasts

Calling all computer game enthusiasts

Everyday Champions is looking for NDIS Participants who love playing computer games, who want to get out and about, meet new people, make friends, and do cool stuff like laser tag and go karting. The Titanium Dragons Gamers Club is a social group dedicated to helping people with a shared love of gaming to connect with each other both online and in real life. The club meets on Saturday afternoons from 12-4pm to play games, talk about gaming and hang out with like minded people.

Our goal is to help create long term friendships between participants, help them develop important life skills and enhance their quality of life through a combination of weekly gaming sessions, monthly activities like laser tag and go karting, eSport tournaments and getting club members along to social activities like dance parties, group dinners and outdoor adventures. The program cost is \$40 per week which includes supports, room hire and a club uniform.

For more information, please contact the Everyday Champions team at play@everydaychampions.com.au or give us a call on 0432 935 810.

2.7 New website for Canberra Health Services

Online information on public health services in Canberra has been improved and moved to www.canberrahealthservices.act.gov.au

Canberra Health Services now has a dedicated website with detailed information on what services and clinics are offered, including locations and directions, what consumers can expect before, during and after their care and new referral information for health professionals. The new site makes it easier to find the information you need, with a better search function and ability to have the site translated or read out loud to you.

3. Position Vacancies

3.1 Program Manager, Accommodation Services (Mental Health Foundation ACT)

The Mental Health Foundation ACT (MHF) provides community-based health support service directly and through partnerships with the public health system, primary health providers, other community organisations and the NDIS. The services provided range from support work, capacity building, and prevention to recovery, maintenance, and harm minimisation. The participation of the people who use the service, including families and carers, is encouraged to drive all aspects of service planning and delivery.

Our Vision is that Canberrans and surrounding community live with hope, choice, control, and good mental health.

This is achieved using a recovery framework. We define “recovery” as a “personal journey toward the achievement of holistic wellbeing”. MHF provides a broad range of services and supports aimed at helping individuals meet their own goals in achieving this wellbeing.

What are we looking for?

- Reliability, flexibility, and good attention to detail.
- Self-motivated individuals with ‘can do’ attitudes, who can work independently.
- Individuals who can problem-solve and think on their feet under pressure and manage personal and professional boundaries and seek advice when unsure.

Love a good perk?

- MHF staff have access to a generous salary packaging to reduce taxable income, include a meals and entertainment card and pre-tax home loan repayments.
- As a part time or full-time employee, you'll accrue annual leave and sick leave and while you're on annual leave you'll get 17.5% leave loading.
- Training opportunities and supportive team
- Great work-life balance
- Access to Employee Assistance Program - Independent confidential counselling service

Position Title	Program Manager, Accommodation Services
MHF Classification	Grade 5 under the <i>Social, Community, Home Care and Disability Services Industry Award 2010</i> .
Program/Service	Accommodation Services
Position Location	Chifley, Florey and Kambah.
This Position Reports to	Chief Executive Officer

Employment Status	Permanent Full-time
Probation Period	This position is subject to a 6 month probation period.
Current Remuneration	Salary \$42.94 per hour, plus 10% superannuation. Salary packaging options are also available.
Working Hours	Ordinary hours between 9:00am and 5:00pm Monday to Friday. Flexible working hours and ability to work remotely can be negotiated.

Main Responsibilities

- Develop and implement an operational strategic plan for Accommodation Services in collaboration with the CEO.
- Utilise engagement strategies to achieve strategic direction.
- Lead and manage human and fiscal resources to provide accommodation services to people with the lived experience of mental illness within approved budget(s).
- Develop in consultation with the CEO, Business Development and Finance Managers; business cases for new opportunities.
- Drive the planning, implementation and evaluation of new accommodation business opportunities.
- Build and maintain an awareness in the local communities and with key stakeholders of the positive contribution that MHF makes to the community.
- Collect and analyse relevant data to assist, including obtaining feedback from participants, staff and other stakeholders, to support identification of opportunities for service improvement, and further business development/service expansion.
- Work with other MHF staff to identify new innovative volunteer opportunities within MHF volunteer program.
- Work within the Policies and Procedures of the organisation

Selection Criteria:

1. Qualifications in mental health or other relevant health degree; business, marketing and/or communications.
2. Experience in growing services within a not for profit organisation.
3. Experience in the provision of accommodation and housing service delivery.
4. High level interpersonal, leadership and negotiation skills resulting in strong, effective relationships with stakeholders and including the ability to successfully consult, negotiate with and influence all levels stakeholders. This includes people using the service to working across and within the disability sector.
5. A positive, flexible and adaptable attitude as well as the ability to exercise initiative and judgement.
6. Demonstrated high level conceptual skills and experience identifying complex risks and developing mitigation options to address these risks.
7. Demonstrated organisational agility, including the capacity to manage multiple tasks through to completion within expected timeframes with a high level of autonomy.
8. Have high level writing, reporting and analysis skills including proven experience in developing policy documents and briefing papers.
9. Demonstrated capability to manage participants, staff and volunteers.

Applications close on Friday 6 May 2022, and should be emailed to recruit@mhf.org.au. **Note: Only those applications that address the selection criteria will be considered.**

Only those candidates shortlisted for interview will be contacted.

For further information about the position, contact Angie Ingram, CEO, 0410 036 671.